



## Military World Games open in Catania



Photo By PH2 Brian Sellers

United States military athletes from all branches of the armed forces come together to promote "Friendship through Sports" in the 3rd Military World Games at the Massimo Di Cibali Stadium in Catania, Italy. They displayed precision marching skills as they take their lap around the field just moments before they are announce before a large crowd of over 5,000.

By JO1 Craig Coleman  
Staff writers

More than 5,000 spectators viewed the opening ceremony of the 3rd Conseil International du Sport (CISM) Military World Games in Catania Dec. 4. The top military athletes of 86 nations paraded proudly around the track of Massimo di Cibali Stadium as Italy welcomed the world athletes with an atmosphere of friendly competition. The Military World Games took place Dec. 4 – 11.

American military athletes from every service are among the 2,800 competing in the games. United States athletes were competing in track

and field, men's basketball, men's and women's volleyball, judo, men's and women's modern pentathlon, swimming, diving and sailing.

The athletes, all in uniform, waved to the crowd as they entered the stadium by nation in alphabetical order. A color bearer carrying their national flag led each team in the procession. The infield of the stadium track soon filled with a sea of color, as the athletes dressed in various shades and styles of green, blue, white and khaki filled in the formation and stood at parade rest. Huge cheers rose from the audience at the introductions of the United States team and that of the host nation.

CISM President Col. Gianni Gola said during the opening ceremony that the Military World Games are of great symbolic value for the whole international sports movement. "Absolutely unique of their kind, they

allow to unify under the universal flag of sport, the armed forces of a lot of countries, some of which are divided by wars and hostilities," Gola said. He encouraged the athletes to enjoy the competition "and remember our noble cause as soldiers – to enjoy our victory of peace through sports."

CISM is the international military sports organization. Founded in 1948, members are dedicated to attaining "friendship through sports."

The games, originally scheduled for September, are hosted in various venues in and around the picturesque city of Catania in the shadow of Mt. Etna, Europe's largest active volcano.

The competition started positively for the U.S. men's basketball team, with a 77-70 win over Lithuania.

## Men's Pentathlon team takes first U.S. gold of games

See story on page 8.

## Omolade Akinremi wins silver and bronze in world games

See story on page 9.



Photo By PH2 Terry Shan



Photo By PH3AW Brian Sharr



# Direct Line

**Capt. T.L. Davison**  
NASSIG  
Commanding Officer

In a time of ongoing conflict in Iraq, Afghanistan, and in other areas of the world, it is refreshing to see over 80 countries involved in the 3<sup>rd</sup> Military World Games recently held in Catania. The Games began last week and finished yesterday. The U.S. delegation had over 130 athletes representing all of the military services.

Most of the countries involved have some sort of mandatory military service. Some of their military members actually serve as their Olympic athletes too. Our U.S. team has some Olympic hopefuls here and I've heard that it has been a fantastic experience for everyone. The men's basketball team played great (and even broke a backboard) and the men's pentathlon team won the gold medal (the pentathlon consists of shooting, running, fencing, equestrian and swimming).

With a great deal of tension between some nations, it is truly an accomplishment when countries can put aside their differences and be connected with "friendship in sports" which is the Council of International Military Sports motto. The Games were to begin in September but were delayed for scheduling conflicts.

Col. Dr. Gianni Gola, president of CISM, said at the opening ceremonies, "the Military World Games are an event of high symbolic value for CISM and for the entire international sport movement. Absolutely unique in their kind, they allow us to reunite, under the universal flag of sports, the military forces of many countries, some of which are divided by conflicts and hostilities. Thus, the development of the Games goes far beyond the merely agonistic aspect, proper of other similar sport events."

Due to the date change, the U.S. delegation only competed in eight out of 15 events. The U.S. competed in judo, sailing, swimming, diving, pentathlon, basketball, volleyball and track and field. The delegation had Navy captains to Army sergeants all with one goal in mind...representing the Armed Forces of the United States.

They have acted as ambassadors of their services and of the U.S. Likewise, it is up to all of us here to NAS Sigonella to represent the base, the Navy and the nation while we are here in Sicily. Our host nation looks at our behavior and actions and they definitely form strong opinions based on what we do and how we conduct ourselves.

Keep up the good work - representing the base when you are out and about. Keep charging and keep taking care of each other.



## Stress Management

Courtesy USNH Sigonella

**W**ith the Holiday season upon us there is an increased risk of stress playing a part in our lives. Stress is unavoidable. Stress may actually be helpful to meet the demands and challenges that life may present. However, too much stress may cause problems from frequent colds to upset stomachs and heart problems. Some signs and symptoms include but are not limited to: changes in appetite, sleeping problems, irritability and or other changes in mood, increase use of alcohol, tobacco, or other drugs, poor work perfor-

mance, and social withdrawal.

What do I need to do to manage my stress?

- **Exercise** ... 30 minutes or more a day for most or all days of the week.
- **Sleep** ... six to nine hours of sleep at regular times
- **Diet** ... do not skip breakfast. Choose low fat, high fiber diet. Watch your sugar intake. Eat more complex carbohydrates (rice, pasta, and vegetables). Have a regular meal schedule.
- **Time management** ... Most important plan ahead of time and determine priorities. Schedule your work and look for more ways to be efficient. Take breaks and make time for free time.

What should I avoid if I'm still stressed?

- Avoid alcohol abuse and minimize your consumption
- Minimize your tobacco consumption
- Cut back on caffeine
- Avoid worrying about things you have no control over
- Avoid becoming isolated

What if I have tried everything and nothing helps?

If you have tried everything, and nothing has resolved or if you have further concerns there are plenty of resources available to you. Services are offered by the Naval Hospital Sigonella Mental Health Clinic at 624-4840 and individual counseling or command training for stress management can be conducted upon request. In addition, services are provided by the NAS 1 Chaplains Office at 624-4295, NAS 2 Chaplains Office 624-5459 and Fleet and Family Service Center at 624-4291.

**SECURITY BLOTTER**

**CRIME STOPPER'S HOTLINE**  
624-6389  
**Dec. 1 - Dec. 7**

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 8
- Traffic accident with injuries - 5
- Car break-ins - 5
- DUI - 0
- DUI's 2003 - 52
- DUI's 2002 - 35

## New traffic rules in effect Jan. 1

By Lt. Steve Curry  
PAO

we've had this year. We are lucky we haven't killed someone yet," he said.

Here are some of the changes:

1. Any anonymous complaint will be noted for the record, but no action will be taken. After two separate documented eyewitness offenses, offenders will be notified in writing by the Security Officer of their assignment to the DIP Offenders' Course. The Complainant information will be used "For Official Use Only". The Complainant personal data will not be given to the offender.

2. Any vehicle that is left unattended for more than 96 hours in a base parking space (other than long term parking) will be considered abandoned after reasonable attempts have been made to locate the registered owner, power of attorney holder, or supervisor to determine the vehicle's status.

3. With the recent change in policy regarding DoD decals, the "vehicle registration document" will be used as the vehicle decal for access onto the installation.

4. The annex parking lot, north of the NAS II galley has been designated for Long Term Parking.

5. If an individual refuses or

fails to appear in Traffic Court, a report chit will be initiated for violation of existing regulations and the individual will be subject to administrative action, to include three points assessed to his or her driving record. The individual will also lose their base driving privilege for a period not to exceed two weeks or 14 days.

6. Any person whose registered vehicle receives three AFTTs for parking violations within a six month period will be required to attend traffic court and is subject to a 30-day revocation of the base entry decal. Each subsequent parking ticket received within the six-month period will result in an additional 30-day revocation of the base entry decal.

7. Knowingly and willingly permitting a motor vehicle to be operated by an individual under the influence of an intoxicant will get you a one year revocation of driving privileges...that means you will be walking!

8. If you pass improperly (like some of our Sailors do on SS 192), you will get a ticket. If you get two tickets in a three-month period, you will lose your base driving privileges for 1 week. After the third offense, your privileges will be suspended for a month and you will be required to attend AAA DIP class within three months of the offense.

Capt. Bitar said, "I sympathize about the parking problems on both bases but that doesn't justify the parking laws. Just hang in there and be patient because it will get better."

He added as a reminder for everyone to keep your eyes on the road, stay off the cell phones and drive defensively.

For more information on the new instruction, it can be found on the INFOSIG website.

## NJP Results

**E-4 Violation of the UCMJ, Art. 111 (Driving intoxicated).** Awarded restriction to the limits of U.S. Naval Air Station (NAS II) for 45 days; extra duties for 45 days; forfeiture of \$678 per month for two months (suspend one month); reduction to next inferior pay grade.

**E-1 Violation of the UCMJ, Art. 121 (Larceny).** Awarded restriction to the limits of U.S. Naval Air Station (NAS II) for 45 days; extra duties for 45 days; forfeiture of \$575 per month for two months.

## Happy Advent

By Chaplain  
Wesely  
Myhand  
Command  
Chaplain

we did wrong and sinned against our God.

Non-Christians and Christians alike use the word "New Year" to do the same thing and hope of a new beginning at the same time, look at the past with failures. The successes, however, are not to be handled, but to be taught lessons that we can forge ahead with the new year and its resolutions to change the same with the new year. We look at the past with what awaits us as believers who excitedly anticipate the return of Lord's return. All of you, whether you are a Christian or not, take advantage of the Advent season to examine yourself and the changes necessary to make progress in the new year. Happy Advent - even if I am a little late.

### NAS Sigonella Worship Opportunities

**Catholic Mass**  
Saturday 5 p.m. Chapel (NAS II)  
Sunday 9 a.m. Chapel (NAS II)  
Sunday 9 a.m. in Italian 41"  
Stormo Chapel (NAS II)  
Sunday 11 a.m. Community Center (Minceo)

**Protestant Traditional Worship**  
Sunday 9 a.m. Chapel (NAS II)

**United Pentecostal Church, International**  
Sunday 12 p.m. Chapel (NAS II)

**Protestant Worship**  
Sunday 9 a.m. Community Center (Minceo)  
Sunday 11 a.m. Chapel (NAS I)

**Church of Jesus Christ of Latter Day Saints**  
Sunday 1 p.m. Chapel (NAS I)

**Church of Christ**  
Sunday 3:30 p.m. Chapel (NAS I)

**Jewish Shabbat Service**  
Last Friday of the month 5 p.m. Chapel (NAS I)

**Weekdays**  
Daily Catholic Mass 11:30 a.m. (NAS I & II Chapels)  
Wednesday Protestant Bible Study  
4:45 p.m. (NAS II Chapel)  
For more details, call 624-4295 or 624-2947.

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# NAVY NEWS

## Navy Ships Rescue Injured Diver During Counter-Narcotics Operations

By Ensign Joël Jackson  
USS McCampbell Public Affairs

ABOARD USS MCCAMPBELL (NNS) — Nov. 25, while deployed on counter-drug operations in the Eastern Pacific, USS McCampbell (DDG 85) and USS Rentz (FFG 49) worked together to conduct a long range Search and Rescue (SAR) mission and rescue a diver in the operating area who was suffering from decompression sickness.

Jose Hernandez, a 40-year-old Panamanian civilian, experienced decompression sickness, commonly called the "bends," while diving off an island 350 miles off the coast of Costa Rica. Through the coordination of U.S. Coast Guard District 11, he was transferred by small boat from his diving vessel to the motor vessel Dietlev Lauretzen, and then again to Rentz. Rentz and McCampbell then headed towards each other to facilitate a medical evacuation

by helicopter.

"Battlecat 25," an SH-60B helicopter from Helicopter Anti-Submarine Squadron Light (HSL) 43, Detachment 5 deployed aboard McCampbell, flew to Rentz to pick up the patient. Battlecat 25 returned to McCampbell with the patient, and McCampbell continued east at top speed while McCampbell medical personnel treated Hernandez. After a 200 mile high-speed transit by McCampbell, Battlecat 25 launched again and dropped Hernandez off at Tocumen International Airport in Panama City, Panama. From Tocumen airport, Hernandez was turned over to civilian medical staff and taken by ambulance to the National Hospital to be treated in a decompression chamber.

This medical evacuation was an especially challenging evolution for Battlecat 25. Due to Hernandez's condition, the helicopter had to maintain

an altitude of only 200 feet while transporting him. The helicopter flew both during the day and at night with only 3 percent illumination, for nearly five hours at under 200 feet. A Navy P-3 Orion plane provided overhead coverage and communications relay for Battlecat 25 as it flew from McCampbell to Panama City.

Lt. j.g. Patrick Cliggett, one of the pilots of Battlecat 25, described the medical evacuation as "a great experience both professionally and personally. Professionally, it was a great hands-on experience flying into a foreign port and working with various assets under strenuous limitations. Personally, it was rewarding to help save somebody's life."

The success of the SAR mission is credited to Coast Guard District 11, Joint Interagency Taskforce - South, Rentz, McCampbell, and HSL-43, Det. 5, and their outstanding coordination of surface and air assets to rescue Hernandez.

## Sexual Assault Victim Intervention

SAVI offers a Sexual Assault Hotline staffed with trained Advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

## Kitty Hawk Convent COMREL Grants Mutual Blessing

By JOSN Christopher Koons  
USS Kitty Hawk Public Affairs

GUAM (NNS) — During a weekend community relations (COMREL) project in Guam Nov. 29, USS Kitty Hawk (CV 63) Sailors got a chance to meet the Roman Catholic nuns of the Mt. Carmel Guam Convent.

"We have done many such projects for the Carmelite sisters in the past," said Father (Lt.) Egonor Cunha, Kitty Hawk's Catholic chaplain and organizer of the trip. "It's a chance for us to give back to the Guam community."

The Discalced Carmelite Order of Nuns has convents all over the world, where they live in general seclusion and spend their days praying and occasionally fasting.

About 20 Sailors went on the trip to the convent, located on a hillside overlooking the ocean. They used machetes, saws, rakes and pitchforks to clear away overgrown weeds and bushes in the convent yard. Afterwards, the sisters treated the Sailors to a late Thanksgiving dinner with all the works.

"These projects benefit us greatly," said Sister Johanna of the Cross, one of the Carmelite nuns who assisted the Sailors. "Our youngest sister is 41, so most of us are too old to do this work by ourselves."

Sailors said they were pleased to help out the sisters. "It relieves their financial burden since they don't have to pay us to do the work," said Electronics Technician 2nd Class (SW/AW) William Traylor, of the combat systems department.

According to Hospital Corpsman 1st Class (SW) Robert Bicanovsky, of the medical department, assisting the elderly nuns fits in well with his vocation. "I get a good feeling when I help others," said Bicanovsky.

The nuns spend most of their time praying for the benefit of mankind, said Cunha. "They pray for everybody, including those serving in Iraq."

According to Cunha, Kitty Hawk is also currently in the prayers of the sisters. "We gave them a picture of the ship on our previous trip here," said Cunha. "They put it behind the blessed sacrament on the altar in the convent's chapel, so they pray for us every day."

This couldn't come at a more opportune time, said Senior Chief Electronics Technician (SW/AW) Mark Sadowski, from supply department. "It might help us pass INSURV," he noted, referring to the upcoming major scheduled inspection by the Navy's Board of Inspection and Survey (INSURV), required of all naval vessels on a regular basis.

The prayers of the sisters are not limited to those involved in potentially dangerous situations, said Cunha. "If you have any special need, you can give the nuns your name and concern, and they'll pray for you."

According to Sister Johanna, the nuns of Mt. Carmel are a tight group. "There are 10 of us, and the only times we leave the convent are to go to the doctor or buy food," the San Francisco native said. "Only three of us can drive."

This lifestyle suits the sisters' purpose well, said Mother Dawn Marie of the Annunciation, head of the convent. "We're here to become one with God," she said. "Our lifestyle isn't always easy, but we try hard to live a life of peace."

According to Dawn Marie, a native of Boston, she and the other sisters in the convent, who come from Borneo, Micronesia and China, have much in common with Kitty Hawk Sailors. "Our job is to pray for peace and Kitty Hawk is in the business of preserving peace," she said. "So we're in the same business."

## News Briefs

### New Base Comms Office

A grand opening and ribbon cutting ceremony for the new Base Communications Office, Building 465, is scheduled for Dec. 15 at 10 a.m. This new facility is situated past the Autoport, to the left of Crash, Fire and Rescue on NAS II. Beginning on Dec. 15, all telephone bill payments will be accepted at the new building's cashier window. MPS payments will continue to be available, and the payment drop box will be moved to Building 465. Customer service window hours will remain the same.

### Calling All Texas Residents

If the state of Texas is your home of record, then you may be eligible for tuition under exemption under the Hazelwood Act. For more information and a list of participating Texas colleges and universities visit [www.collegefortexas.com](http://www.collegefortexas.com).

### Photos with Santa

The Navy Exchange is hosting a "Photos with Santa" Holiday Event. Meet with Santa in between the commissary and the exchange on Dec. 6, 13 and 20 from noon to 2 p.m. Photos include a 2003 commemorative card.

### Rushlow Concert

MWR entertainment presents the Lyric Street recording artist Rushlow. Tim Rushlow, the former front man of Little Texas, will be holding a concert at Jox parking lot at 8 p.m. The band currently holds the 13th spot on the radio and records country music chart with their single release "I can't be your friend" from their debut album "Right Now." For more information call MWR at 624-5187.

### College Closures

UMUC will be closed for the holidays from Dec. 23 to Jan. 2. Don't forget Term 3 registration is from Jan. 5 to Jan. 16. Embry Riddle will be closed from Dec. 24 to Jan. 2. Also University of Phoenix will be closed from Dec. 24 to 25 and on Jan. 1.

### Babysitter Training

The American Red Cross will be conducting two babysitter-training courses during the Christmas break. The first course will be held on Dec. 29 and the second course on Dec. 30, from 9 a.m. to 4 p.m. at the Red Cross. Call 624-5446 for more information.

## Osprey Successful at Sea

By Ward Carroll  
Naval Air Systems Command Public Affairs

PATUXENT RIVER, Md. (NNS) — The V-22 Integrated Test Team (ITT) completed a detachment in USS Bataan (LHD 5) in November, the second at-sea period for the Osprey program this year.

During the 11 days of the Phase IV shipboard suitability testing, the ITT conducted deck-landing qualifications for five V-22 pilots, including one from Marine Tiltrotor Operational Test and Evaluation Squadron (VMX) 22, the new test and evaluation squadron based at Marine Corps Air Station New River, N.C. ITT completed test points necessary to expand the Osprey's wind-over-deck envelope, and measured the effects of hovering H-53 and H-46 helicopters on a V-22 on deck behind them.

ITT engineers were pleased with the test results. "With the V-22 at its lightest operational weight, its roll response to an approaching H-53 or H-46 wake was 3.5 degrees, approximately half of what was predicted," said Dave Mason, Bell-Boeing flying qualities engineer. "This represents a tremendous improvement over the previous configuration. We still have some testing to com-

plete and data analysis to do before removing the restriction on helicopters landing on adjacent spots forward of the V-22, but these results are promising."

The wind-over-deck envelope-expansion testing was conducted with the V-22 parked on Spot 7, near the Bataan's stern, and the results gleaned could allow the aircraft's operating envelope to be increased by as much as 15 knots of wind velocity across the flight deck during takeoffs and landings.



U.S. Navy Aviation Boatswain's Mates refuel a U.S. Marine Corps MV-22 Osprey on the flight deck aboard the amphibious assault ship USS Bataan (LHD 5).

## Free e-mail service from USO

This innovative service has the all of the benefits of a paid service but has no connection fee, except the actual time that you surf the web. Thus people can access the internet from their home PC's and only pay the minimal cost of the phone call directly on their phone bill. In addition, the USO Free Internet guarantees the lowest telephone cost, and all of the details of the service can be accessed on the website [www.freeuso.it](http://www.freeuso.it). Below are some details.

You can access this service with an ISDN or Analog modem;

- You can access the NTP NTP ([ntp.freeuso.it](http://ntp.freeuso.it)) and ILS ([ils.freeuso.it](http://ils.freeuso.it)) services
- Possibility to use the ISDN Multilink (joined channels) to 128Kbps;
- You are guaranteed an average of 32 Kbps speed;
- 1 email box with the capacity of 10 MB storage (twice the size of Yahoo! and MSN)
- Consult your email box via WEB on any other computer world wide
- You have access to the News, Chat, FTP and NEWSGroup services
- Pay only for the time you surf the web, at the price of a local phone call

## The Energy Block

Windows can be one of your home's most attractive features. Windows provide views, daylight, ventilation, and solar heating in the winter. During the summer, sunny windows make your air conditioner work two to three times harder. Windows with spectrally selective coatings on the glass reflect some of the sunlight, keeping your room cooler.

### Window Tips

- Install white window shades, drapes or blinds to reflect heat away from the house.
- Close curtains on south and west facing windows during the day.
- Install awnings on south and west facing windows.
- Apply sun-control or other reflective films on south facing windows to reduce solar gain.
- Turning the thermostat down at night when you are sleeping; and 68 during the day when the house is unoccupied; only utilizing the heater in the morning and evening are prime energy savers.
- By installing a programmable thermostat you can eliminate fooling around with the setting three or four times a day.

\*DID YOU KNOW: Adding low-emissivity (lowE) coatings to all windows in the United States would save the equivalent of 500,000 barrels of oil per day—1/3 the amount of oil we import from the Persian Gulf

## Customer Appreciation Day

Your Navy Exchange is hosting it's second annual "Customer Appreciation Day", this Saturday, Dec. 13 from 9 a.m. to 6 p.m. Select a gift card at any register to receive an instant discount from 5% to 50% off your entire purchase.

You may even be a lucky winner and receive your entire purchase FREE! Enter to win prizes from electronics, furniture, handbags, jewelry, giftware & more!!!

Drawings throughout the day! Shop, Save & Win!



By Alberto Lunetta  
Signature Staff

## Benefit Gospel concert in Catania

On Dec. 19, the Gospel Fellowship Choir of Motta and the Catania Cathedral Choir will be performing at 7:30 p.m. at the Church of San Francesco all'Immacolata that is located in piazza Dusmet (near Elephant square). The concert will benefit a project carried out by Dr. Aldo Lo Curto, a Sicilian volunteer doctor operating in several developing countries, which will provide the children of Benin (Africa) with medicines and educational material. The cost of a ticket is • 5.

## Antique fair in Giardini Naxos

A prestigious antique fair featuring finest furnishings, bric-a-brac, arts and crafts, ceramics, deco objects and more, will be held from Dec. 12 through 14 at the *Palanaxos* a multipurpose center located in via Apollo Archegeta in the Recanati district. This venue is fairly easy to reach. Exit Giardini Naxos on the Catania-Messina highway (A-19). As you enter the city, you'll find signs to the Expo Center. Opening hours: 3 to 9 p.m. (Dec. 12), 9:30 a.m. to 9 p.m. (Dec. 13 and 14). For more information call 0942-50050.

## Christmas events in Caltagirone

Enjoy a twinkling start to the Christmas season with all the family in the picturesque settings of Caltagirone's historic center. Each year in December, the "city of ceramics" offers the charm of a typical small and vivid Sicilian town that is decorated with hundreds of lights.

Christmas events include concerts, Christmas markets, antique fairs and amazing exhibitions with hundreds of nativity scenes featuring highly detailed and richly colored figurines, mechanized figurines, and even living actors and animals recreating the birth of Christ.

*Presepi* (Nativity scenes) are the most heartfelt tradition in Sicily. They are present in nearly every home. These magnificently figures, which are carved from wood, shaped

from wax, papier-mâché, resin, terracotta, and other materials, are at the heart of traditional Sicilian Christmas celebrations.

Representations of Nativity date back to the Middle age. According to tradition, Saint Francis of Assisi set up for the first time, a remarkable Nativity scene that included the use of live animals on Christmas Eve in 1223 on the hills surrounding the town of Greccio (Center of Italy).

In Sicily, four major centers boast a tradition for hand crafted nativity scenes production: Palermo, Siracusa, Trapani and Caltagirone.

In Palermo and Siracusa, where beekeeping is widespread, wax has been used since the 17<sup>th</sup> century to mold the *Bambinelli* that are figurines depicting infant Jesus. Between the 17<sup>th</sup> and the 18<sup>th</sup> century, the area surrounding the Church of San Domenico in Palermo was home to many *Bambinai* (craftsmen skilled in shaping Christmas figurines) and their shops. Wax sculptor Gaetano Zumbo is among the most famous 17<sup>th</sup> century craftsmen. He carved an amazing Nativity scene that is on permanent display at the Victorian Albert Museum in London. The *Bambinelli* with their hieratic expressions are usually enriched with silver or gilded accessories. They are often depicted holding a cross.

Yet, in Siracusa, the 18<sup>th</sup> century *Cerari* (wax workers) represented infant Jesus with a joyful or a sleeping expression, holding a lambkin, a flower or a fruit. These fine figures are placed inside *Scarabattole* or glass caskets.

In Trapani, craftsmen shape precious figurines with valuable materials such as coral (used alone or mixed with ivory) alabaster, shells, ivory and mother-of-pearl. Breathing examples of these Nativity scenes are those exhibited at the *Pepoli* Museum in Trapani and *Cordici* Museum in Erice.

Caltagirone boasts a world-renowned tradition, dating back to the 17<sup>th</sup> century, of Nativity Scenes that are made with terracotta or wood figurines set on a painted background representing country life scenes.



Photo by Caltagirone Tourist Office

According to tradition, every month kids used to collect a little money until Christmas in order to buy the little figures to decorate their Nativity scenes. *Pasturari* and *Santari*, (craftsmen artisans that used to make shepherd or saint shaped clay statuettes) used to sell these magnificently carved figurines during fairs or inside their workshops. These craftsmen were also commissioned by convents and churches to create figurines that were imitating the ones depicted in famous holy paintings.

In the 18<sup>th</sup> century, Nativity scenes became popular in everyday houses. Families used to compete among each other for the most beautiful display. They invited friends and even people passing by to their home to evaluate the best Nativity scene that typically depicted the rural world. The characters represented in the Nativity scenes included sleeping shepherds, pipers, Ricotta seller, hunters, craftsmen and more.

Today, more than 100 craftsman workshops in Caltagirone still keep the tradition alive. So don't miss the unique opportunity to do some Christmas shopping.

Here are some of the must-see Nativity scenes that

**In Caltagirone, like in the whole Sicily in general, the Christmas season is full of the usual Christmas festivities. The most celebrated and ancient traditions include the incredibly elaborated terracotta Presepi (nativity scenes).**

you can visit in Caltagirone through the end of January. The *Presepe Animato* (Mechanized Nativity Scene) made with terracotta and cloth figurines that is displayed in a building located in piazza del Municipio n. 18 (9:30 a.m.- 1:30 p.m. and 3 - 9 p.m.). Open continuously during the holidays.

*Museo dei Presepi di tutto il mondo* (Museum of Nativity Scenes from all over the world) features over 2,500 Nativity scenes made from terracotta, cloth, glass, ostrich eggs, minerals and more. Figures size ranges from 2 millimeters to life size. It will be set up in via SS. Salvatore n. 25. Open daily (9 a.m.- 1:30 p.m. and 3 - 9 p.m.).

Hundreds of Nativity scenes are also set up in the city's major churches (Cathedral, Basilica of St. Giorgio, Basilica of Santa Maria del Monte, Church of St. Giuseppe, Church of St. Pietro) and historic buildings throughout the historic center. Almost all exhibitions require an entrance fee.

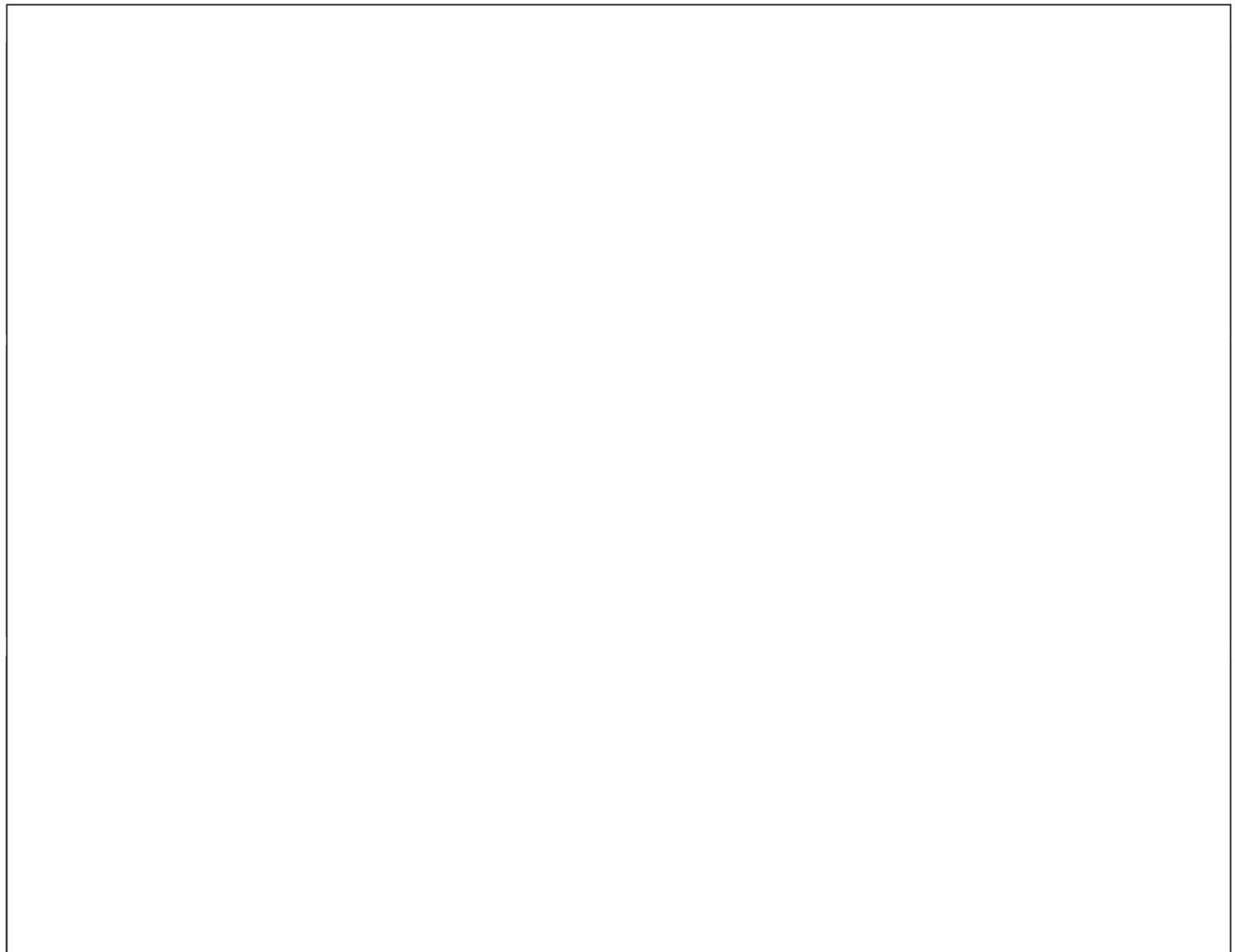
Yet, make sure you browse around the many stalls of the *Truvatura* antique market. It offers an ever-changing assortment of fine antiques and select collectibles and is set up on Dec. 20 and 21 in the city center.

If you want to enjoy some good classic music, forthcoming highlights include: Piano and winds concert (Dec. 20 at 9 p.m.) and San Giuliano Polyphonic Choir performance (Dec. 23 at 9 p.m.). Both concerts will be held at the *Chiesa* (Church) del Collegio.

On Jan. 6, be also sure you don't miss the spectacular period costume parade honoring the Three Kings or the Three Wise Men, known in Italy as *I Tre Re Magi*. It starts at 4:30 p.m. from the Church of Santa Maria di Gesù and marks the end of the Christmas season.

For detailed schedules and additional information on displays and other events call Caltagirone Tourist Office at 0933-34191 - 351073. Open Monday through Friday from 9 a.m. to 7 p.m. Sundays and Holidays from 9 a.m. to 1 p.m. and from 3 to 7 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>COMMUNITY CALENDAR</b>					12 <i>December</i>	13 <b>Jingle Bell 10K Run</b> registration 7:30 to 8 a.m. NAS I Fitness Center Capt. Cup event Call 624-4483/5243
14 <b>Holiday Word Find</b> all day Take 5	15 <b>Holiday Gift Giveaway</b> enter the drawing for a free gift Take 5	16 <b>Giselle by Adolphe Charles Adam Ballet</b> 4:30 p.m. ITT Call 624-4396	17 <b>Rainbow Playgroup</b> 10 to 11 a.m. 205 Housing	18 <b>Box Tops &amp; Tyson Labels Collection Day</b> Elementary school	19 <b>Rushlow in Concert</b> 8 p.m. JOX parking lot	20 <b>Arm Wrestling Competition</b> 12:30 p.m. Take 5
21 <b>Catania Shopping by Night</b> ITT Call 624-4396	22 <b>Deck Your Doors Contest</b> noon decorate your barracks doors for prizes Liberty	23 <b>Teen Holiday Cooking Class</b> 3 to 5 p.m. Teen Center	24 <b>Christmas Eve</b>	25 <b>Merry Christmas</b>	26 <b>Base ICR</b> 8 a.m. to 3 p.m. ICR class room Call 624-4291	27 <b>Taormina Shopping &amp; Savoca Catacombs</b> ITT Call 624-4369
28 <b>Agrigento Valley of the Temples &amp; S. Leone Beach</b> ITT Call 624-4396	29 <b>Babysitter Training</b> 9 a.m. to 4 p.m. Red Cross Call 624-5446	30	31 <b>New Years Eve Special</b> TENPINS	1 <i>January</i> <b>Polar Bear Dip</b> time TBD NAS I Pool Call 624-2710	2 <b>PiazzaArmenrina Roman Villa &amp; Enna</b> ITT Call 624-4396	3 <b>Corleone &amp; Wine Tasting</b> ITT Call 624-4396
4 <b>Nicosia &amp; Sperlinga</b> ITT Call 624-4396	5 <b>Dental Assistant Trainig Program</b> Red Cross now accepting applications	6	7	8	9	10 <b>Second Annual Aerobathon</b> NAS I Activity Zone Call 624-4483





## Word Find

### 2003 Fastes growing franchises

D N T W R Z M S W C N C E Z Y S R U K S S S C Z W  
M W I K S S S C A E O S U T R E T F O P N D D Q V  
X C K E A I A P V L I L E D E V C D X I A N O P L  
H C D I V R I E U C N M D G M R L P Z L P I L Q X  
N A M O L I L N R O R F T W A U X L H C O L L E S  
S O L S N E R E T U T B W R E C Z D E T N B W B J  
F E J L N A Z D O E X S E V R L Q E Q A T T B A I  
S R E E E Z L G C P R S E I C C L M E E O E L S F  
S E V D A G L D O I U N D N E I P B T R O G Z K F  
D E U J R L R U S L N U E P N Y C O A G L D Q I Y  
S A D K A A K A T X Z O P T O A G A X N S U H N L  
M M K B P J H S Q S V S S T T O E F C Y K B Q R U  
C O M F O R T K E E P E R S S E M I O T N E Q O B  
A U R H F R J A N P R O Z E D A X R T P I G R B E  
G C L E A N N E T U S A A J L B M T P N L O M B O  
N Y E V Q U I Z N O S T J Z O P W N A N U H N I R  
U O E Y P T R V T E E Y L S C G N I K I N A J N P  
H L B D S S Y H P R M A P A P R B Y S T E R S E  
P J Q A P B U L Y M I R A C L E A R A E C E C V  
O G N B N X B R X T P D R C U Z W B C R L O M R R  
P M B O P N S H C R U H C P J B T O O A R I A P E  
E L V V S V I C N G U X S C U H B B T I Y T X J S  
Y R X I R V L C Z C R R A S B E M B A S W Z G K A  
E G S O I I W H T I C B H L L Y R P A M B D O R K  
S T U N O D N I K N U D V L G R T F O F H O T D I

ACTION  
ALLEGRA  
AUNTIE ANNE'S  
BASKIN-ROBBINS  
BUDGET BLINDS  
CARL'S JR  
CHURCHES  
CINNABON  
CLEANET USA  
COLD STONE CREAMERY  
COLDWELL BANKER  
COMFORT KEEPERS

CURVES  
DUNKIN' DONUTS  
GNC  
GREAT CLIPS  
GUMBALL GOURMET  
GYMBOREE  
HARDEES  
JANI-KING  
JANPRO  
JAZZERCISE  
JIFFY LUBE  
KFC

MCDONALD'S  
MIRACLEEAR  
PAPA MURPHYS  
POPEYE'S  
QUIZNO'S  
REMAX  
RESULTS TRAVEL  
SERVEPRO  
SEVEN-ELEVEN  
SNAPON TOOLS  
SONIC DRIVE IN  
SUBWAY

TACO BELL  
TOGOS EATERY  
UPS  
WSI INTERNET

## TRIVIA

- 1) What word was written on the forehead of the boy revealed beneath the robe of the ghost of Christmas Present in Charles Dickens' "A Christmas Carol?"
- 2) In what countries is snapping fingers with both hands vulgar?
- 3) What animal's milk does not curdle when boiled?
- 4) Who was the first U.S. Attorney General?
- 5) What was the Grinch's dog in "How the Grinch stole Christmas?"

(Answers on page 13)

## Movie Connection

### AMT's Theater Schedule

Friday, Dec. 12



6 p.m.  
*Lost in Translation*(R)\*\*

8:30 p.m.  
*Love Actually* (R)\*\*

Saturday, Dec. 13



1 p.m.  
*Good Boy* (PG)\*\*

3:30 p.m.  
*School of Rock*(PG-13)

6 p.m.  
*Cold Creek Manor* (R)

8:30 p.m.  
*Underworld* (R)

Sunday, Dec. 14



1 p.m.  
*Duplex* (PG-13)

3:30 p.m.  
*ELF* (PG)

Monday, Dec. 15



6 p.m.  
*The Fighting Temptations* (PG-13)\*\*



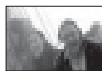
8:30 p.m.  
*Beyond Borders* (R)

Theater Closed Tuesdays

Wednesday, Dec. 17

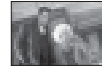


6 p.m.  
*Underworld* (R)\*



8:30 p.m.  
*Master and Commander*(PG-13)

Thursday, Dec. 18



6 p.m.  
*Duplex* (PG-13)\*



8 p.m.  
*Lost in Translation* (R)

Friday, Dec. 19



6 p.m.  
*Kill Bill vol. 1* (R) \*\*



8:30 p.m.  
*The Last Samurai* (R) \*\*

\*\*\* Future Re-release \*\* Sneak Preview \*Last Showing  
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at x4248)

## Shout

DoDDs students talk about what's happening in the community

## Stephen Decatur needs more mentors

By Rachel Morken  
Staff writers



Photo by Rachel Morken

A Mentor helps eight grader Kent Williams with his math homework. Aramburu helps mentor Stephen Decatur Students during his off time.

The after school mentoring program began Nov. 4 at Stephen Decatur middle and high school without the expected bang. The students came to the library after school anticipating many knowledgeable mentors to help them with their studies. Unfortunately the after school mentoring program was unable to obtain as many mentors as they would have liked to help all the students attending. Carolyn Gambles, session coordinator, explains, "We only have a few mentors and some days no one shows up and I am the only one here to tutor fifteen students".

The program began last year to help students improve their grades in core classes and raise student scores on standardized testing. The students benefit greatly from the help of their mentors. Jessica Black, an aspiring veterinarian and current sixth grader at Stephen Decatur Middle School said, "I get my work done, and they explain difficult things so I get better grades." "They help with hard homework", said Elliott Youngblood, another Stephen Decatur sixth grader and aspiring University of Florida graduate and construction worker.

Lt. Phillip Aramburu enjoys volunteering with the after school mentoring program. "I love seeing people understand", said Aramburu as he was helping three students with their math homework.

The program can be a great success, the only thing missing is a few more willing volunteers to help Sigonella students have a successful year.

For more information on the mentoring program, contact Shiloh Cooper at 624-3212.

## Learn more about Attention Deficit Hyperactivity Disorder

From Stephen Decatur School

Mark your calendar for Tuesday, Jan. 13 from 2:30 to 4 p.m. Stephen Decatur School is sponsoring a presentation to be held in the school Information Center. Dr. Ralph Mora, clinical psychologist for EDIS, will be presenting on ADHD, it's possible causes, symptoms, and treatments. There will be a question/answer period at the end of the presentation. We will also discuss developing a parent/child support group that will meet on a monthly basis. Call Sandi Johnston at 624-3211 for more information.

## Native American dancers



Photo by JOT Craig Coleman

A Lakota member of the Eagle Spirit Dancers tells an ancient Sioux story during a performance at the NAS II theater Dec. 5. The group is touring military bases in Portugal, Spain and Italy.

Fri. Dec. 12

Enter your name in a holiday gift drawing for a chance to win a stocking full of free goodies. Winners will be picked at Take 5 on the last day of the drawing, Dec. 25 at 4 p.m. You do not have to be present to win.

Shop at the world famous Calceca factory then visit Capo D'Orlando, a nice coastal town. You will also get a chance to visit the castle ruins dating from 1598. Call ITT at x4396.

Sat. Dec. 13

Get into the holiday spirit and exercise at the same time by running in the Jingle Bell 10K run. The run starts at 8:30 a.m. at the NAS II Fitness Center. T-shirts and awards will be given out. Earn points for your command in this Captain's cup event.

Sun. Dec. 14

Have your name entered in a drawing to win the twelve-day of Christmas grand prize if you participate in a holiday word find at Take 5.

Mon. Dec. 15

Guess how much Dove candy is in the jar at Take 5 and win it all. Participate and get your name entered in the grand prize drawing.

Tues. Dec. 16

Decorate your own holiday cookies and build your own gingerbread house at Take 5. Prizes for the most creative.

Wed. Dec. 17

Win prizes for decorating the best holiday cookies or building your own gingerbread house.

Participate in the fourth day of Christmas calling birds coloring contest with Liberty and be entered to win a free AT&T phone card.

Thurs. Dec. 18

Discover the baroque side of Palermo and do some shopping with ITT. Call x4396.

Learn photography skills and prepare for upcoming photo excursions at the Photo Safari meetings. Also get a chance to see pictures from previous trips to get your creative juices flowing. Call x3718.

Join in the fun with Liberty by playing the five golden rings horseshoe contest. Get a ringer and win a prize.

# SPORTS

## U.S. Men's pentathlon team takes gold at Third Military World Games

By JO2(SW) Brian Johnson  
Staff writers

The U.S. Men's pentathlon team took home the first American gold of the third Military World Games by edging out Italy and Ukraine in the run.

Heading into the run the Americans were in 6<sup>th</sup>, 8<sup>th</sup> and 20<sup>th</sup> positions, but good run times earned Army 1<sup>st</sup> Lt. Chad Senior, Air Force 1<sup>st</sup> Lt. Eli Bremer and Army Sgt. Scott Christie the 16,044 points they needed to beat Italy's 16,036 points take first place.

It was the run that pleased Bremer, a native of Monument, Co., and what he felt put them on the podium at the end of the day. "We all had very good runs and made up places," he said. "I thought the run was great because I had something to run for, which is the way I like it."

Senior, a native of Fort Meyers, Fla., was happy to be done with the event and hoping to move forward. "I'm tired but I'm happy with the outcome," he said. "It's a lot of pressure in the days before we start but once things get going you just have to hope everything works out."

After the team hoisted the gold and the competition's Challenge Cup, Christie, a native of Falls Church, Va., talked about his day of competition. "It wasn't a great day for me individually, but it was O.K.,"

he said. "I'm real excited for the team to take first place though."

The team was in contention for the top prize throughout the

entire competition but their equestrian skills and running put them over the top. "Out of three riders we only had two penalties in the riding," said Team Captain, Air Force Col. (ret.) Dennis Behrens. "Christie had an excellent ride with a perfect score of 1200. That was excellent."

Senior, Christie and Bremer finished the individual competition in 4th, 11th, and 17th places respectively. Senior who is currently ranked 7<sup>th</sup> in the world and 2<sup>nd</sup> in the United States needs a top five finish in the upcoming World Cup in Athens to qualify for the 2004 Olympics.

(Left) The U.S. military men's pentathlon team salutes the U.S. flag during the playing of the national anthem after winning the gold medal. The United States and 85 other countries participated in the 3rd Military World Games.

(Below) Army Sgt. Scott Christie of Falls Church, Va., clears the sixth of 12 jumps during the equestrian portion of the men's pentathlon. Christie scored a perfect 1200 points in the equestrian portion.



Photo By PR3(AW) Brian Shurtz

## US colors paraded at 3<sup>rd</sup> Military World Games

By JO1 Lucy Quinn  
Staff writers

With a firm grip, Chad Senior carried the colors for the United States team Thursday at the opening ceremonies of the Military World Games in Catania, Sicily. Senior, an Army Lieutenant, was chosen for the honor because he was an Olympian in 2000.

Military teams from 86 countries paraded into the stadium to warm greetings from the spectators.

"I got goose bumps when they announced the United States and the crowd Games, page 12



Photo By PR12 Isiah Sellers



Photo By PR3(AW) Brian Shurtz

# Air Force athlete gets first track medals for US in Military World Games

By JO1 Craig Coleman  
Staff writers



Photo By PH2 Terry Spain

Omolade Akinremi, an Air Force Airman First Class from Ft. Walton Beach Fla., took the silver medal in the 400 meter hurdles and the bronze in the 400-meter run Dec. 7 to become the first American track and field medalist in the third Military World Games.

Akinremi's first final was the 400-meter hurdles. She started slowly, building speed and passing opponents as the runners moved over the obstacles. She caught the leaders at the final turn, but could only manage a second place finish.

"My last two hurdles were horrible," Akinremi said. She estimated that the final hurdles cost her half a second. "In a race, sometimes results can be unpredictable." Latvian Irena Zauna won the gold medal with a time of 57.35 seconds, Akinremi's silver-winning time was 58.82 and Lara Rocco of Italy won the bronze medal with a time of 58.90.

A little over an hour later Akinremi made another attempt at winning a gold medal, but it was not to be. Feeling fatigued, she decided on a risky strategy. "I wanted to get out of the curve before everybody," Akinremi said. "But I also wanted to save enough energy for the last 150 meters. I didn't want to waste too much energy before the finish." Her slow start cost her again. She was unable to make up much ground on the leader after the last turn and settled for the bronze medal with a time of 54.44. Tunisian sprinter Awatef Ben Hassine took the gold medal with a time of 54.37 and Russia's Olga Makhimova won the silver with 54.40.

Akinremi was philosophical after missing out on gold. "Sometimes the time is what matters. You run as best you can."

American finalists in the 100 meters, 400 meters, 3,000-meter race walk and pole vault did not fare as well. The disappointments included a disqualification for false starts.

Monday final events with U.S. participation include 4X100-meter relay, 4X400-meter relay, men's 1,500-meter run, men's 5,000-meter, men's 10,000-meter and the 3,000-meter steeple chase.

(Left) Airman 1st Class Akinremi Omolade, of Fort Walton Beach, FL Stands proudly after receiving her Bronze Medal in the 400 meter race. Omolade was the only American female to participate in this event. This was her first time racing in the Military World Games which are taking place in Catania, Sicily.

## U.S. race walker must balance duty, athletics

By JO1 Jen Zeldis  
Staff writers

Part-time athlete and full-time Air Force 2nd Lt. Danielle Kirk, stationed at Travis Air Force Base, made her goal today at the Military World Games. Although she did not place, she finished the 5,000-meter race walk in less than 25 minutes.

"I am satisfied with my time," said Kirk who had an unofficial time of 24 minutes, 58 seconds. She is in the middle of her training cycle for the 2004 Olympic trials and not in the peak performance condition like she was for the 2000 Olympic trials where she was 8th overall for the 20,000 meter racewalk.

The competition was difficult for Kirk because she does not train every day like many of the other country's athletes. Kirk juggles her race walking with her duty as personnel officer for a squadron with more than 500 airmen.

"My military obligation as an officer comes first. I am an athlete second," said Kirk.

Kirk's sister started racewalking when Kirk was still in middle school in Bell Canyon, Calif. When Kirk was a freshman in high school, her high school coach

encouraged her to start racewalking. It was not until she was a sophomore at the University of Wisconsin Parkside that she really started competing and was awarded a scholarship. She decided to join the Air Force after college and loves being on the military team because of her pride as a member of the Armed Services.

"It is great to wear the uniform as an athlete here," said Kirk. "It is wonderful opportunity to see the other military athletes competing."

Most of the fans watching the events today were Italian, however there were a few American fans in the stands. Marine Capt. Aron Tver, stationed in Saudi Arabia and long time friend of Kirk's, came to Italy to see her compete.

"It's a great vacation for me," said Tver. "This gives a lot of athletes the opportunity to compete when they might not have had that opportunity. Also, I would rather see the militaries settle their

Racewalk, page 9



Photo By PH2 Terry Spain

Air Force 2nd Lt. Danielle Kirk, in front on the left competing in the racewalk.

## The Lane

### Jingle Bell 10K adult and 2K youth runs

Saturday Dec. 13 stop by the NAS I Fitness Center for a chance to win the Jingle Bell 10 K run. Register at either fitness center before the event or on the day of the run beginning at 7:30 a.m. The youth run is on base and starts at 8:15 a.m. The adult run is off base and starts at 8:30 a.m. There is a fee to enter, but a T-shirt and a chance for awards is pay out enough. This is a Captain's Cup event.

### Polar Bear Dip

Leap into the New Year with a chilly dip in the NAS I Pool. Sweatshirts and hot cocoa for all participants. Call 624-2710 to find out more.

### 3-point Basketball Shootout

Show off your skills behind the arc. Free to all participants. Prizes will be awarded to the top three finishers in women and men's categories. The shootout starts at 10 a.m. in the NAS II Gym. Call 624-2710 to find out more.

### Miles for Life

Rack up your running and biking miles for fun prizes. Fun run, treadmill and stationary bikes also count towards your Miles for Life total. Redeem your award when you reach distance milestones. Prizes include a CD player, a heart rate monitor, a windbreaker and more. Call either fitness centers at 624-4483 or 624-5243 for more information or to register.



## Sailing away with the Championship

Photo by PH3(AW) Brian Smarr



Members of the U.S. sailing team fine tune their skills during a pre race training run at the town of Riposto. The sailing team is one of 20 teams competing for a medal in the sailing competition.

## US men's basketball shatters competition in Military World Games

By JO1 Jen Zeldis  
Staff writers

Navy Hospitalman Michael Groves of the U.S. men's basketball team intimidated the competition, Canada, even before the game started by shattering the backboard during warm-ups, causing a 45 minute game delay.

Canada did not seem to recover from the sight and lost, 103-68. This marks the U.S. team's third straight victory and puts them in first place in their preliminary pool for the Military World Games in Catania, Sicily, today.

The shattered backboard was an amazing sight for the eager fans. This was only the second time Groves cracked a backboard in his career, however the last one didn't fall.

"I caught an alley-oop and I heard the rim snap," said Groves. The glass shattered around him as it fell to the ground. The full stadium was dumbfounded.

It was not only the apprehension from the backboard; the U.S. team was taller and kept the Canadian team on the run. Army Sgt. Craig Marcelin made sure the U.S. stayed in the lead the entire game by scoring 23 points.



Photo by PH3(Sky) Mervin

**The U.S. men's basketball team competes against the Canadian team in the third day of the World Military Games. Dushaun Fields of Brooklyn, NY attached to USMC MCB Camp Pendleton, CA scores one in for the U.S. Team. The U.S. won with a final score 103-68.**

"It was a tough game," said Groves. "We just wore them down at the end."

Although the U.S. was favored to win, Master Gunnery Sgt. Antonio Robinson, the head coach, was still cautious about the game.

"These are the games you have to watch out for," said Robinson. "You always play down to your opponent so we can't get too confident."

The U.S. beat Cyprus yesterday and Lithuania the first day of competition.

## U.S. swim team captures bronze medal

By JO1 Lucy Quinn  
Staff writers

U.S. swimmer, Army Capt. Joe Novak, from St. Petersburg, Fla., won a bronze medal on Tuesday in the men's 50-meter butterfly at the Military World Games in Sicily. The U.S. swim team was shutout of the medals until Novak stepped on to the starting block.

Novak's race strategy was straightforward. "In the 50-fly, I felt if I could just get out well, I could hold on to my position," said Novak. And hold on he did. Only .93 seconds separated Novak from the first place Ukraine swimmer.

"We knew the race was Joe's best event and our best shot at a medal," said Donald Goldman, U.S. Navy representative to the games. "We are disappointed it's not an Olympic event too."

The butterfly stroke requires intense coordination of arms and legs. With head lowered in the water, the arms come up together, almost as if the swimmer was going to give someone a big hug. The hands dig hard into the water as the swimmer pulls himself forward. At the same time both legs kick together in what's called a dolphin kick. The two movements have to be coordinated for maximum power speed while allowing the swimmer to raise his head to breathe as needed.

"I'm so proud of him," said Karin Novak, Novak's wife of one month. "He's been working so hard."

"One of the goals for the team was to capture a medal," said Novak. "My race was our last real chance at a medal and I'm very proud."

When the bronze for the U.S. was announced at the medal presentation, cheering rocked the pool house. Fans and athletes were pulling for the U.S. swim team to bring home a medal.

Novak is assigned to the World Class Athlete Program, Ft. Carson, Colo. and trains year-round,



Photo by PHILIP J. MURPHY

**Army Capt. Joe Novak from St. Petersburg, Fla. attached to World Class Athlete Program in Fort Carson, Colo. gets the Bronze medal in the 50 meter men's butterfly event at the 3rd World Military Games.**

mostly in California. Novak will not rest on his accomplishments

"He's so humble," said Karin Novak beaming. "Some of our friends don't even know Joe is a competitive swimmer."

## Women's Volleyball team suffers a defeat at Military World Games

By JO1 Jen Zeldis  
Staff writers

It took one set for the Italian team to adapt to the United States team's strategy and take the home court victory 20-25, 25-7, 25-22, 25-19.

Although the U.S. team played a strong, technical game, the Italian team had a high offense approach that the U.S. could not reach. Maybe the cheers and chants from the Italian fans who completely filled the Palajungo Stadium spurred the home team on.

The Italian star player Letizia Mira D'Ercole, a former professional player, was a huge barrier for the U.S. It looked as if she knew every second where the ball was going to land and stayed underneath it.

"We teach the Italian team to learn how to read the other team and interpret their plays," said Rene Besozzi, a coach for the Italian team.

The U.S. team is untested as a unit, with nine rookies, and only practiced together for seven days prior to coming to the Military World Games.

"It takes some time to gel as a team," said Army Major Tony Bare, the team trainer from Ft. Carson, Colo.

As one of the three veterans on this year's team, Navy Lt. Marsha Heineman, from Sewells Point in Norfolk, Va. knows the team's strengths and weaknesses.

"We have a lot of talent," said Heineman. "We just have to put it together. It is hard at first because instinctively we think we are rivals, Navy versus Air Force versus Army. But this year we all meshed together great."

It was up to Ieti Sagiao, the U.S. coach and retired member of the Air Force from Anchorage, Ala., to take 12 players from all the services and make them a team. He saw their talent immediately and had high hopes for this game.

"We came in with great expectations and it didn't go



Photo by PHILIP J. MURPHY

**Air Force 1st Lt. Tharommony In from Langley Air Force Base and the U.S. Armed Forces Women's Volleyball team prepares to serve against Italy.**

how we expected," said Sagiao. "But that is what happens in these games. You don't know how good another team will be."

Sagiao has been involved with Conseil International du Sport (CISM) for 15 years and this is his third year as a women's volleyball coach.

The women's team will play Korea tomorrow in the second round of pool play.

The men's volleyball team lost their second round game today against Korea, 3-0 and lost to Morocco yesterday 3-1. They play Belgium tomorrow.

#### Games from page 8

roared," said Senior.

Throughout several speeches, the athletes' oath, and the torch lighting, Senior stood at parade-rest, never flinching. Being the color bearer is also a huge responsibility.

"All I could think of going in was 'don't trip'," said Senior. "I had a death-grip on the flag pole."

Senior competes in the Modern Pentathlon, a grueling five-sport discipline. He is attached to the World Class Athlete Program at Ft. Carson, Colorado, where he trains for swimming, running, shooting, fencing, and horse jumping.

An accomplished runner and swimmer in high school, Senior's name was given to the local pentathlon governing body as a potential pentathlete. The Military World Games will be his forth competition. With a sixth place finish at the 2000 Olympics, Senior hopes to qualify for the 2004 Olympics.

Competing requires training four to five days a week and Senior usually comes home exhausted. His wife Margaret supports him and help keeps him humble.

"I don't get out doing chores," Senior said smiling. "I still have to do the laundry and stuff."

Happy to finally take a seat in the stands and watch the post-ceremony entertainment, Senior's thoughts turned to his competition on Friday. No matter how he finishes, he will treasure the honor of bringing the U.S. flag into the Military World Games.

"I won't forget it," said Senior with a broad smile. "It was very fun."

#### Racewalk from page 9

differences on the track than on the battlefield."

Racewalking first became an Olympic sport in 1908 and is one of the most technical track and field sports. Judges stand around the course watching the athletes to make sure they maintain the proper form. If the judges see a violation, they show a white sign to warn the athlete or a red one to penalize the walker. After three red signs, a walker is disqualified.

The two rules race walkers must adhere to according to U.S. Track and Field rules are:

- 1) Race walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs.
- 2) The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until in the vertical position.

Tver knows how difficult it is to stick to these rules and commented in the middle of Kirk's race, "The worst thing that could happen is to have her come out of the race."

Kirk said she will be able to take one minute off of her race in the next month and hopefully two to three minutes in the next couple of months. Her next goal is to qualify for the Olympics at the Olympic trials in July.